

# Episode One Hundred Forty - The Letter to Menoecus 07 - Completion of the Letter

Post by "Julia" of November 7, 2024 at 10:01 AM

## [Quote from Kalosyni](#)

suicide is a choice and those that say suicide is not a choice because it seen as the only option

In my opinion, calling suicide "a choice" is simultaneously true and false, similar to how saying that addicts "choose" to pursue their drug is simultaneously true and false, because it glosses over the distinction between the inside-view of the affected person and the outside-view of a 3rd person, thus concealing from clear cognitive awareness the effects of the limits of free will (the effects of self-fulfilling prophecies, delusions, compulsions, addictions), but *acknowledging them and accounting for* them is key to overcoming the issue at hand. This is why I avoid reference to "choice" in either case: I think it is mischaracterising to the point of being counterproductive.

## [Quote from Kalosyni](#)

I partially point to and blame the passive nature of the Buddhist philosophy and the constant preaching of the "acceptance of what is". (and of course Buddhists don't say much about seeking pleasure).

I agree. There is a stark difference between *acknowledging and accounting for* reality, versus *passively accepting* a situation and projected future. Establishing a *realistic and specific* goal of what one's good life could very-well look like (seeking pleasure) is absolutely key to developing and sustaining the drive and discipline required to get out [the backward momentum](#), out of the gravity well of the black hole of misery.

## [Quote from Kalosyni](#)

I think an important element is overcoming a sense of powerlessness and instead learning how to make change happen in one's life. By regaining a feeling of being effective and a sense of personal power to do what needs to be done

[I agree](#) (post #3). Regaining a sense of agency, of personal power to mold one's own future is key, so long as it stays *realistic and specific*, which is to say, so long as it does not sprawl into maladaptive daydreaming ("I will be rich and famous..."), which is a source of disappointment in itself ("...and once I'm rich and famous, I will be happy!"), and only serves to cement the

delusions of powerlessness and hopelessness.